

### Two-Minute Beauty Chats

By Pauline Furlong

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**Building Up the Arms**  
PUNCHING the flesh on the arms and rolling it about between the thumb and forefinger of each hand encourages blood circulation, and should be combined with massage, soap scrubs, etc., to keep the arms white, smooth and shapely.

Some women complain that strenuous exercise, tennis, bag punching, etc., has overdeveloped the muscles in their arms. When this condition exists and the arms appear hard and knobby, massage alone should be used to build up the flesh and make the arms appear round, soft and smooth, as nature intended.

Arms that are tanned and badly sunburned should be given a bath in buttermilk each day, and after letting this dry for several hours remove with cool, clear water.

Another exercise for the over-fleshy arm is the clothes-wringing movement, which should be applied by another person, grasping each arm in the fleshy part and twisting it around with both hands, just the same as wringing water out of clothes. The more strenuous the wringing process the quicker the results.

Freckles may be faded from the shoulders and arms if the following mixture is applied to them with a sponge several times each day: powdered borax, two teaspoonfuls; horseradish root, shaved, one ounce; boiling water, two cups.

Remember that the arms should correspond to the size of the body, and it is really quite a simple matter to bring them to normal proportions through proper exercises, chosen with intelligence and practiced with persistence. These simple precautions will bring about really wonderful results, which I know from personal experience are worth while trying a few months.

#### Answers to Health and Beauty Questions.

**RED, ROUGH HANDS—MABEL T.** Keep the hands out of hot water and do not use strong soaps and soap powders. Wear rubber gloves when the hands are kept in water and cosmetic gloves at night. Any old, large gloves with the fingers removed will answer this purpose and rub hands well with plain mutton tallow before retiring. Always wear gloves when in the cold air.

**HICCUGH—MARTHA:** Have the child draw a long breath and hold it as long as possible. A good remedy when the hiccoughs are as severe as you mention in your letter is to place a large mustard plaster over the stomach or gently massage with hot vinegar, brandy or alcohol.

**EARACHE—MRS. FRANK C.** Hot cloths to the seat of the pain should be applied. Hot poultices will also be found beneficial in bringing quick relief. Hot drinks are also advised. A small piece of cotton moistened with sweet oil should be placed in the ear.

**EXERCISE FOR GAS IN THE STOMACH—MRS. HARRY F.** Body circling, with the hands on the hips, bend the body forward at the waist line and then circle it around on the hips. This exercise fairly churns the internal organs, and if light foods are taken in moderation, this condition, if not of too long standing, will entirely disappear. It is a good plan to drink several glasses of very hot or very cold water on arising and then do the body circling exercise for about five minutes, slowly and without jerking or other efforts.

**ONIONS AS FOOD—MRS. FRED T.** Onions are not fattening if eaten raw or cooked without butter or cream sauce. They are slightly laxative and contain sulphur and other things which are beneficial to the blood. Apples are not fattening either, and are also a healthful food. An apple eaten at bed time and followed with two glasses of water, purify the mouth and breath and cause you to awaken with a very pleasant taste in your mouth.

**FIG PASTE—MRS. SYLVESTER Y.** (By request)—Take one pound of prunes and one-half pound of figs. Stone the prunes and chop the figs fine, put them in a saucepan with one ounce of soda powder (not bicarbonate) and add two cups of water. Let simmer until it forms a stiff mass, then pour on oiled paper. When cold wrap in oiled paper and place in a glass jar until wanted. Take about a square inch of the paste each night before retiring.

**RUSH OF BLOOD TO HEAD AND DIZZINESS—M. R. T.** Several conditions may cause this, but it indicates principally lowered vitality, poor circulation, nervous trouble, etc., indigestion, constipation, etc. Surely the attacks are due to some error in living and eating. Strenuous exercises for the trunk muscles, deep breathing and walks in the fresh air, with lighter diet, will help improve your physical condition.

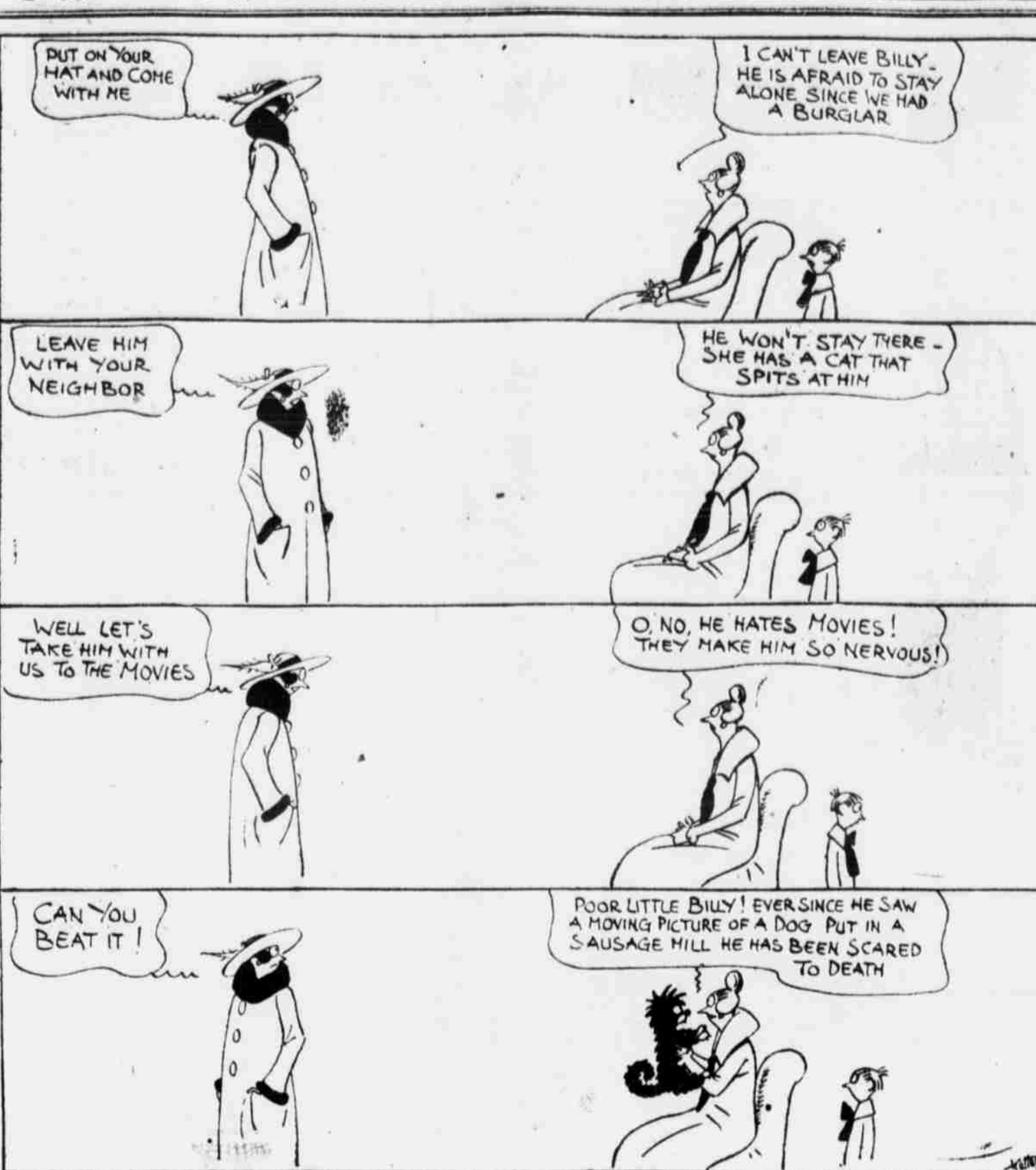
**SOFT CORNS—HARRY T.** These, like other troubles, are more easily prevented than cured. Improper drying or excessive perspiration causes them. Bathe the feet in hot and then

**DRYING FRUITS QUICKLY.** You can use an electric fan to help provide a cheap living with a variety of wholesome, clean, nourishing food. An electric fan and a kitchen knife are the only tools necessary. Drying of fruits can be done in home-made box trays, a table top, sheet, strings (apples, pears, etc.), and dozens of other ways.

The United States Department of Agriculture says: "The American method has a marked advantage in that the product keeps cool, owing to evaporation while it is being dried, thus tending to retain the color and eliminate spoilage." Almost all the vegetables and fruits can be treated and stored away—even the most juicy, like tomatoes. And, besides, this new way of drying eliminates the biggest part of the work it does away with a lot of canning—and that's good, for jars and containers are very scarce and high in price. At odd times the housewife can pick up choice bargains at the market, prepare them in a few minutes, and the drying goes on while she attends to something else.

### Can You Beat It!

By Maurice Ketten



## THE MAN WITH THE BLACK CORD

BY AUGUSTA CRONER.

### Errant Ways Lead a Young Man to an Unexpected Conclusion After Many Dangers

SYNOPSIS OF PRECEDING CHAPTERS.

Leonard Erlich, a wealthy old man of Innsbruck, near Vienna, is strangely missing. Mrs. Teresa Toner, his housekeeper, shows strong emotion over Erlich's disappearance. She goes to Vienna and tells the police. Mr. Erlich, nephew of the missing man, is a subordinate of the police. He follows Karl to Freiburg and there finds him just about to board a train for Vienna.

#### CHAPTER VII.

(Continued.)  
MULLER heard Karl ask for a third-class ticket to Vienna. There was no third-class on the express, so the young man was obliged to go second. When he had his ticket he hurried out to the platform, Muller still following. The detective motioned to the waiting conductor and the official helped the young man into the compartment that Muller had reserved. The latter got in himself and a moment later the train started.

"Good afternoon, Mr. Toner," said Muller, when they were well on their way.  
Karl Toner sprang from his seat, then sank back again, stammering.

"You want to know who I am?" asked Muller with a smile. "I am a man who has come to find you and take you home—I am a detective."

"Did that fool Stillinger give me away—when there was no need for it?" asked Muller, when he had taken him again.

Muller was surprised, but now he knew why Karl Toner left Vienna. "Don't get angry," he said; "you ought to have known that you couldn't depend on Stillinger."

"But it was he who told me to stand where you didn't have to do it," said Muller.

"Did you ever go a whole week without anything to eat?" asked Muller.

Karl Toner's eyes dropped. "I was coming home," he said, after a pause. "I was coming back to see my mother. But I won't be able to do it now. I won't be able to let her forgive me. I never thought that I'd be arrested now—oh, my poor mother will never outlive it!"

"Oh, don't make fun of me. Haven't you got a heart?" "About as much as you have, to judge by your conduct toward your mother."

### HEART OF THE SUNSET

By REX BEACH

A BREATH OF THE BIG WEST IN EVERY LINE  
BEGIN IT ON THIS PAGE MONDAY, APRIL 1

came with the parcels post from Vienna. Here they're brought by a messenger. "Now where'd yer get that?" "Now may I ask where you lived in Maui? Did you have a house of your own there?" "No, we rented the larger part of a house from a Mrs. von Probst. She owned the house and also a very unpleasant son. He was one of those conceited individuals, although good-natured, who had no right to be, for the only thing noticeable about him was his ugliness."

"I suppose he tried to attract your attention?" "No more than he did that of everybody else. But I shouldn't talk so about him. The poor fellow can't help being ugly. In spite of his ugliness he was not very aggressive, and they said that he was honest and very capable, too."

The morning after his return from Freiburg, Muller made an early call on Johann Stillinger. He had the address from the police and walked into the young man's room without much ceremony.

"You are Johann Stillinger?" the detective said.

"And who are you?" asked the man who sat at the table, a true type of bully of the tenement districts.

"I'm a police agent."

Stillinger said nothing for a moment. He continued to drink his morning coffee as if the matter didn't concern him at all. But it did not escape Muller's notice that the spoon shook in his hand.

The detective sat down on the only other chair in the bare little room and began comfortably. "Don't let your coffee get cold. I just want you to tell me a little more about that holdup last week. Now Karl Toner—"

Stillinger jumped up, dropping his spoon on the floor. "Has that fool been talking?" "Do be quiet. You'll alarm the whole house, and besides, nobody's here but me."

"What do you mean by that?" "Merely a hint that I haven't come to arrest you—in fact I haven't any warrant to do it."

### The Evening World's Kiddie Klub Korner

Conducted by Eleanor Schorer

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#### TRYOUT FOR BALLET DANCERS TO-DAY

ALL KIDDIE KLUB BALLET DANCERS RESIDING IN BROOKLYN OR LONG ISLAND, WHO WISH TO DANCE IN THE KLUB BALLET, ARE INVITED TO MEET MISS FLORENCE TOPHAM, IN THE MAJESTIC THEATRE, BROOKLYN, AT 4 O'CLOCK THIS AFTERNOON, FOR A SPECIAL TRY-OUT. THOSE WHO DID NOT ATTEND THE TRY-OUT LAST SATURDAY WILL ALSO BE WELCOME.

#### NEXT KHORUS REHEARSAL SATURDAY

At the Brooklyn Music School Settlement, No. 525 Grand Avenue, Brooklyn. GET OFF THE SUBWAY AT ATLANTIC AVENUE STATION, TAKE ST. JOHN'S PLACE CAR TO PACIFIC STREET, AND WALK UP ONE BLOCK. There is Still Time to Join. Come Between 9.30 and 10 o'Clock on Saturday Morning

**M**R. CHARLES A. MAY, who is chorus master at the Music School Settlement and, just now, Khorus master of our Patriotic Khorus, is well pleased with the big response and the good voices of the Kiddie Klub members. Forty-six boys and girls rehearsed on Tuesday. The Klub and its friends will be proud to have that many boys and that many girls, too, to sing Uncle Sam's brilliant songs in rousing accord. The Khorus will play a prominent part in the performance, and each singer's name will appear on the programme. Miss Beatrice, whose untiring interest and activity in our Christmas celebration we will never forget, has not forgotten us either. She says that she could not forego the pleasure of attending our rehearsals. Aren't you pleased? **Cousin Eleanor.**

#### The Fairy's Wedding

JUST as the town clock struck midnight there was heard the flapping of moth wings and little feet scampering across the grass. The Queen of the Roses was going to be married to Oberon, King of the Fairies. There was a great bustle and the fairy fingers of her handmaid were flitting the bride's cowslip veil. Some were throwing flowers over the ground where the happy pair were to be married. Finally all was ready and the little fairy folk stood on their tiptoes to see the procession. The bride came first. She was dressed all in white, and her robe was made of rose petals. On her head she wore a veil made by her friend the spider. Oberon was dressed in green, and so were all the other

dwarfs. Jack in the Pulpit married them. Suddenly they saw a huge monster jumping around. The brave King killed him with one stroke of his trusty sword. Many cheers went up among the little people, and the King was carried around in great splendor. The monster that the King had killed was a frog, but to the fairies he was a monster.

From Hope, No. 47 Pierrepont Street, Brooklyn.

**QUESTIONS AND ANSWERS.**  
Q. May members send in their draft certificates in competition form or verse?  
A. Yes.  
Q. May we write about Thrift Stamps?  
A. Yes.  
Q. If we make our drawing on regular drawing paper when we enter contest will it be accepted?  
A. Yes.  
Q. How should we address envelopes when we send in competitions or drawings for contests?  
A. Enclose them in envelopes addressed to: The Kiddie Klub, 60 Park Row, New York City.

Q. Is it better to send your certificate ready-made when you compete for a prize?  
A. Yes. If you have just your certificate sent for a new one, following the directions printed in this column.

Q. We are some children's names only winners and why are some children's names and stories published?  
A. Because the stories and poems are published because they are very good, while other children's names and stories are not published because they are not so good. We will publish the names of the winners and their stories and poems.

Q. How can we get the magazine we write put in the paper?  
A. By making them interesting and up to the Kiddie Klub standard.

Q. The drawings we send in have to have some thing to do with the contest.  
A. It is best to use black India ink.

#### MARCH WRITING AND DRAWING CONTEST.

##### SUBJECT—THRIFT.

KIDDIE KLUB members of the age of six to fifteen, inclusive, are invited to enter this contest for the best suggestions as to how a Kiddie Klub can save or earn money to buy Thrift Stamps. Suggestions for or stories of work in "War Savings Societies" will also be accepted.

Contestants may write their ideas in two or three short paragraphs or picture them in drawings.

A prize of \$1 will be awarded each child who gives the best suggestion for his or her age.

Contestants must state name, age, address and certificate number.

#### FEBRUARY CONTEST AWARD WINNER.

##### March.

I CONSIDER March the most blessed of all months. It is in reality the sunset of the winter and the dawn of the summer. March sweeps down upon us like a messenger of peace, relieving the poor people of the hardships endured by them during the cold winter. The children whose thirst for outdoor life had not been appeased during the winter, shower upon March their childish but most heartfelt blessings. Imagine what our valiant and noble boys "Over There" have suffered during the cold months. Does not March stand before them an angel of goodness, who has come to drive off one of their enemies? These noble soldiers know and appreciate the worthiness of March better than we ever shall. The world is finally beginning to realize what March means to us, as it means the beginning of the pleasant part of the year. It begins a life anew. March has rightfully earned for himself the good will of men.

ARNOLD MALKAN, age twelve years, No. 1475 Washington Avenue, Bronx.

**HOW TO JOIN THE KLUB AND OBTAIN YOUR PIN.**  
Beginning with the next issue, the Kiddie Klub will send out a "Klub Pin" to all members who have sent in their names and addresses. The "Klub Pin" is a small metal pin, which is given to the member who has sent in his name and address. The "Klub Pin" is a small metal pin, which is given to the member who has sent in his name and address.

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